



# Summer CRC Pool Schedule

Effective June 7 –August 15, 2009

Revised 6/2/09

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Lap Swim:</i> 8am-5:30pm (3 lap lanes Open)	<i>Lap Swim:</i> 5am-6:55am (3 lap lanes Open)	<i>Lap Swim:</i> 5am-8:25am (3 lap lanes Open)	<i>Lap Swim:</i> 5am-6:55am (3 lap lanes Open)	<i>Lap Swim:</i> 5am-8:25am (3 lap lanes Open)	<i>Lap Swim:</i> 5am-6:55am (3 lap lanes Open)	<i>Lap Swim:</i> 6:30am-7:55am (3 lap lanes Open)
<b>Rec Swim:</b> 12pm-5pm (Slide/Play Area open)	<b>Beginner Sculpt:</b> 7am-8am (1 lap lane Open)	<b>Beginner Sculpt:</b> 8:30am-9:30am (1 lap lane Open)	<b>Beginner Sculpt:</b> 7am-8am (2) (1 lap lane Open)	<b>Beginner Sculpt:</b> 8:30am-9:30am (1 lap lane Open)	<b>Beginner Sculpt:</b> 7am-8am (1 lap lane Open)	<b>Shallow Tone:</b> 8am-9am (0 lap lane Open)
	<i>Lap Swim:</i> 8am-11:40am (3 lap lanes Open)	<i>Lap Swim:</i> 9:30am-10:40am (3 lap lanes Open)	<i>Lap Swim:</i> 8am-11:40am (3 lap lanes Open)	<i>Lap Swim:</i> 9:30am-10:40am (3 lap lanes Open)	<i>Lap Swim:</i> 8am-11:40am (3 lap lanes Open)	<i>Swim Lessons:</i> 9am-11:30am (2 lap lanes Open)
	<b>Rec Swim:</b> 10am-11:30am (3 lanes/Play Area Open)		<b>Rec Swim:</b> 10am-11:30am (3 lanes/Play Area Open))		<b>Rec Swim:</b> 10am-11:30am (3 lanes/Play Area Open)	
	<b>Shallow Tone:</b> 11:45am-12:45pm (0 lap lanes)	<b>Shallow Tone:</b> 10:45am-11:45am (1 lap lanes)	<b>Shallow Tone:</b> 11:45am-12:45pm (0 lap lanes)	<b>Shallow Tone:</b> 10:45am-11:45am (1 lap lanes)	<b>Shallow Tone:</b> 11:45am-12:45pm (0 lap lanes)	<i>Lap Swim:</i> 11am-7:30pm (3 lap lanes Open)
	<i>Lap Swim:</i> 12:45pm-3:45pm (3 lanes/Play Area Open)	<i>Lap Swim:</i> 11:45am-3:45pm (3 lanes/Play Area Open)	<i>Lap Swim:</i> 12:45pm-3:45pm (3 lanes/Play Area Open)	<i>Lap Swim:</i> 11:45am-3:45pm (3 lanes/Play Area Open)	<i>Lap Swim:</i> 12:45pm-9:30pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 12pm-6pm (Slide/Play Area open)
	<b>Rec Swim:</b> 1pm-3pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 1pm-3pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 1pm-3pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 1pm-3pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 1pm-8pm (Slide/Play Area Open 4-8pm)	
	<i>Swim Lessons:</i> 3:45pm-5:15pm (2 lanes/Play Area Open)	<i>Swim Lessons:</i> 3:45pm-5:15pm (2 lanes/Play Area Open)	<i>Swim Lessons:</i> 3:45pm-5:15pm (2 lanes/Play Area Open)	<i>Swim Lessons:</i> 3:45pm-5:15pm (2 lanes/Play Area Open)		
	<i>Lap Swim:</i> 6pm-6:55pm (3 lanes/Play Area Open)	<i>Lap Swim:</i> 6pm-6:55pm (3 lanes/Play Area Open)	<i>Lap Swim:</i> 6pm-6:55pm (3 lanes/Play Area Open)	<i>Lap Swim:</i> 6pm-6:55pm (3 lanes/Play Area Open)		
	<b>Rec Swim:</b> 5:30pm-6:55pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 5:30pm-6:55pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 5:30pm-6:55pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 5:30pm-6:55pm (3 lanes/Play Area Open)		
	<b>Shallow Tone:</b> 7pm-8pm (0 lap lane open)	<b>Shallow Tone:</b> 7pm-8pm (0 lap lane open)	<b>Shallow Tone:</b> 7pm-8pm (0 lap lane open)	<b>Shallow Tone:</b> 7pm-8pm (0 lap lane open)	Note: Playground area is turned on only during "Rec Swim". Slide is only on when "Slide" is indicated	
	<i>Lap Swim:</i> 8pm-9:30pm (3 lap lanes Open)	<i>Lap Swim:</i> 8pm-9:30pm (3 lap lanes Open)	<i>Lap Swim:</i> 8pm-9:30pm (3 lap lanes Open)	<i>Lap Swim:</i> 8pm-9:30pm (3 lap lanes Open)		

# Summer Aquatics Center Schedule

June 7 – August 15, 2009

(Note: Lap Swim is only at designated times at the Aquatics Center)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Lap Swim:</i> 5am-8am (10 lap lanes Open)	<i>Lap Swim:</i> 5am-8am (10 lap lanes Open)	<i>Lap Swim:</i> 5am-8am (5 <b>long course</b> lanes)	<i>Lap Swim:</i> 5am-8am (5 <b>long course</b> lanes)	<i>Lap Swim:</i> 5am-8am (5 <b>long course</b> lanes)	<i>Lap Swim:</i> 7am-10am (10 lap lanes Open)
<b>Rec Swim:</b> 11:30am-6:30pm	<b>Shallow Tone:</b> 7:30am-8:30am (Inst. Pool)		<b>Shallow Tone:</b> 7:30am-8:30am (Inst. Pool)		<b>Shallow Tone:</b> 7:30am-8:30am (Inst. Pool)	<b>Rec Swim:</b> 11:30am-6:30pm
	<b>Deep H2o Dynamics:</b> 11am-12pm (Comp. Pool)		<b>Deep H2o Dynamics:</b> 11am-12pm (Comp. Pool)		<b>Deep H2o Dynamics:</b> 11am-12pm (Comp. Pool)	
	<i>Lap Swim:</i> 11:30am-1:30pm (10 lap lanes Open)	<i>Lap Swim:</i> 11:30am-1:30pm (10 lap lanes Open)	<i>Lap Swim:</i> 11:30am-1:30pm (5 <b>long course</b> lanes)	<i>Lap Swim:</i> 11:30am-1:30pm (5 <b>long course</b> lanes)	<i>Lap Swim:</i> 11:30am-1:30pm (5 <b>long course</b> lanes)	
	<b>Rec Swim:</b> 11:30am-4pm (Rec. Pool Open to 6:30pm)	<b>Rec Swim:</b> 11:30am-4pm (Rec. Pool Open to 6:30pm)	<b>Rec Swim:</b> 11:30am-4pm (Rec. Pool Open to 6:30pm)	<b>Rec Swim:</b> 11:30am-4pm (Rec. Pool Open to 6:30pm)	<b>Rec Swim:</b> 11:30am-6:30pm	
	<i>Lap Swim:</i> 5:00pm-6:45pm (6 lap lanes Open)	<b>Deep H2o Dynamics:</b> 5:15pm-6:15pm	<i>Lap Swim:</i> 5:00pm-6:45pm (3 <b>long course</b> lanes)	<b>Deep H2o Dynamics:</b> 5:15pm-6:15pm	<i>Lap Swim:</i> 5:00pm-6:45pm (6 lap lanes Open)	
	<b>Shallow Tone:</b> 6:30pm-7:30pm	<b>Shallow Tone:</b> 6:30pm-7:30pm	<b>Shallow Tone:</b> 6:30pm-7:30pm	<b>Shallow Tone:</b> 6:30pm-7:30pm		

## Pool Program Descriptions

**Family Fun Night / Rec. Swim:** **Every Wednesday night during summer at the Aquatics Center-See Rec. Guide for more info**

**Lap Swim** – The CRC Pool has a maximum of 3, 20 yard lanes for lap swim use. The Aquatics Center Competition Pool has a maximum of 17, 25 yard lanes, available for member use. Note: On a limited basis the Competition Pool may be setup Long Course with up to 4, 50 meter lanes for lap swim use.

**Shallow Tone** – This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or shoes are recommended.

**Beginner Sculpt** – A gentle cardiovascular and muscle toning class geared for the novice participant. Aqua socks or shoes are recommended.

**Fluid Yoga** – Experience a blend of Yoga and Ai Chi (Tai Chi in the water) movements in the fluid environment of the pool. This class is a blend of strength and flexibility movements. It is especially beneficial for anyone desiring to increase their range of motion and improve their balance.

**Deep H2O Dynamics** – This class is designed for the more proficient swimmers and is taught in 7ft. of water. Deep Aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance and motor coordination in a non-impact environment.

**Recreation Swim** – Available year round at the CRC Pool and is available at the Aquatics Center during the Summer months. Children 10 or under must be accompanied by a responsible person over the age of 16.

**Long Course** – If indicated lap swim will utilize the pools 50 meter length on these days. Long course will begin on April 7<sup>th</sup>.

Aquatics Center Summer Recreation Swim opens on weekends on May 23 and for 7 day a week operation on June 6.

**NOTE:** Lap swim and Aqua Fitness classes are for participants age 13 and up. Youth under the age of 13 may participate in programs if accompanied by a parent of legal guardian in the water.